

# 2001 California Dietary Practices Survey

**Table 71: Range and Mean of Minutes Heard Recommended for Physical Activity**

Question: How many minutes have you heard recommended?

How many days per week should you be active?

Base: Out of those who heard recommendations for physical activity

	Percent Heard <sup>1</sup>			Mean Minutes Heard <sup>2</sup>
	0-29	30-59	60+	
<b>Total</b>	<b>36</b>	<b>54</b>	<b>11</b>	<b>30.4</b>
<b>Sex</b>				
Males	37	51	13	31.0
Females	35	56	9	29.7
<b>Males</b>				
18 - 24	24	52	24	40.6 <sup>c</sup> ***
25 - 34	28	57	15	34.7 <sup>bc</sup>
35 - 50	46	44	10	27.8 <sup>ab</sup>
51 - 64	47	47	6	26.0 <sup>a</sup>
65+	21	62	17	34.1 <sup>abc</sup>
<b>Females</b>				
18 - 24	35	60	5	27.6
25 - 34	32	59	9	30.6
35 - 50	35	55	9	29.1
51 - 64	23	64	13	33.3
65+	49	44	7	27.1
<b>Ethnicity</b>				
White	35	58	7	29.4
Hispanic	34	49	18	32.8
Black	41	45	14	29.4
Asian/ Pacific Islander	40	44	16	32.5
<b>Education</b>				
Less than high school	31	52	17	32.3
High school graduate	38	45	16	32.1
Some college	37	54	10	30.6
College graduate	35	59	6	28.5
<b>Income</b>				
Less than \$15,000	38	47	15	32.6
\$15,000 - 24,999	38	47	15	31.3
\$25,000 - 34,999	31	59	10	30.4
\$35,000 - 49,999	31	59	10	30.2
\$50,000+	36	57	7	29.2
<b>Physically Active</b>				
Did not meet recommendations				30.3
Met recommendations				30.4
<b>Overweight Status</b>				
Overweight/Obese	34	55	11	31.3
Not overweight	39	51	10	29.5

<sup>1</sup>A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square Test).

<sup>2</sup>A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA)

Categories sharing a common superscript (a, b) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA and Chi Square Test:

\*\* p<.01

\*\*\* p<.001